



M.E.S. ALUMNAE

THE-NEWS-OF-THE-SCHOOL
Toronto
December, 1944

S.P.H.E. ALUMNI
Vol. XII, No. 2

There never seems to be any trouble finding material for the News Letter and to our surprise no matter how close together the Letters come, news of the graduates keeps rolling in. It really is only about six weeks since the last News-of-the School went out to you, and yet we have news of the Convention from Miss Somers, news of her eastern tour from Miss Jackson, news of her trip to England from Elizabeth Pitt, news of the Alumnae, news of the "Maggie E." from Lieuts. Bailey and Nettleton. Because these are all connected in one way or another with the School itself, the old School or the new, we hope that you will be interested in what is written about them. Please take the editorial word for it. They are worth reading. Then there are the items about the activities of the classes of 1945, '46 and '47, the games they have won or lost, the discussions they have had and perhaps even something about what they have learned! A grand lot of young people they are and if physical education, health education and recreation are not much further ahead ten years from now because of them, we shall be greatly surprised.

Basketball and Baseball have been uppermost in the minds of the girls this fall. Baseball caused quite a flurry when an article appeared in the Women's Sports column of the Varsity, to the effect that two SPHE teams had failed to play their game with each other and the winner with the UC-B team and the final game had therefore been awarded to UC-B by default. Consternation! A very dignified and proper letter was written with the result that the next day another article appeared stating it was all a joke! Then came consternation in the ranks of the UC-B team for some reason or other and altogether the poor sports writer had quite a time. The two SPHE teams have played (won by A team) but snow, rain, more snow and the general inclemency of the weather have prevented the play-offs.

Basketball has also been somewhat of a disappointment to the Phys.Eds. this year, certainly to the Seniors. The latter did not make the semi-finals. Phys.Ed. Juniors are also out of the running, but the Freshies are in the semi-finals and if the games are played before this is finished, a post-script will be added to give you the latest news. It really would never do for SPHE to win always, would it?

More and more our students hope to take an active part in the University life as a whole. This fall some of the girls have organized a Discussion Group. They meet each Monday from 4:30 to 5:30 at the S.C.M. office to study Sharman's Life of Christ and to see if they can find an answer to the questions that bother most young persons and some older ones. Mr. Ed. Lute, Secretary of the S.C.M. meets with them to help with the discussion.

II Year Literature and Expression is somewhat different this year, especially the course in expression. While Mr. Sanders of the Toronto Public Library is in charge of the Literature part, Mr. J. Campbell McInnis looks after the expression course. He is teaching the girls (there are no boys in II Year, alas) how to use their voices properly, and took them to the Physics Building where, by means of a voice mirror, they heard themselves talk. Did you ever hear yourself talk? You would be surprised if you could.

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The November Alumnae Meeting was held at the home of Audrey Michel Jeffrey and took the form of a shower for the ship. It was not very well attended (and they say the "eats" were wonderful too!) but a fair number of gifts was received for the O97. These with woollies and other articles were packed into individual boxes by Louise Mackenzie and one was sent to each member of the crew. The December meeting took place at Joyce Withrow Henderson's on the first, that beautiful, frosty, moonlight night that felt like the middle of Winter! A family with lots of children was chosen for our Christmas giving and it was left to Jo Robinson to interview the mother and any others to whom we may be able to give some Christmas cheer. Don't forget the Packing Party on Wednesday, December 20th. Clothes for boys and girls, toys, food and/or money will be welcome. The date - December 20th, 8:15 p.m.

The place - 173 Luther Avenue, Toronto 4

The job - Packing the Christmas baskets

There will be work for everyone, and
a good time!

To return to the "Maggie E." or O97, you will be interested in the following excerpts from letters from Lieut. Bill Nettleton, 2nd in command, and Lieut. Jack Bailey, captain of the ship:

"Since the captain is not aboard at present, and since I shared with the crew, your very welcome gift of knitted goods, I believe I'll just slip in ahead of him, and send my thanks along for the lovely pair of mitts I have to keep me company these rather chilly "Pacific" evenings. I really am not as well acquainted with your group as Jack is, (I believe he's trying to monopolize your attentions) but I have made several resolutions not to neglect an organization that has done all you have for this tiny ship.....I presume you are all well acquainted with this type of ship and the work we are doing, since many of these "Fairmiles" or M.L.'s were built at your local "Taylor Boat Works" on the western passage I believe..... A galley on a ship seems to be one of the chief interests of any feminine visitors we have on board so perhaps it would not be out of place to pause briefly. The galley, which is also the home of our heating plant, a small bungalow heater burning oil fuel, is about 8 by 6, contains sink, cupboards, dish racks, and an oil fired stove with one oven and a heating or rather warming oven above. It is rather crowded but serves the purpose admirably, and is quite handy for that cup of coffee and slice of toast at 4 a.m. of a cold night watch. Speaking of watches, the officers stand 4 hours on, 4 off, while at sea, while the remainder of the crew have 8 hours off between watches.....The majority of the boys are from Montreal and Toronto with a scattering of Westerners. They are all quite young, having been schoolboys prior to the outbreak of war, for the most part. Our chief engineer, in charge of our two twelve cylinder Hall-Scott "Defender" engines which eat gas at about 50 to 70 gallons an hour, is a married man from Nova Scotia, while our coxswain is, I believe, off hand the only other married and over twenty-five member of the crew."

From Lieut. Jack Bailey: "What wonderful sponsors we have! It is indeed a pleasure to know that you are still backing us up at this late stage of the war and going out of your way to make this a happy Christmas for us. All your neat boxes are safe and sound and even before your letter arrived we'd taken heed of the stickers "Not to be opened till Dec. 25th" and stowed them away in a locker. Right now we are having a spell off duty but it looks like it'll be our luck to be out Christmas. Your presents, however, will more than off-set that minor hardship and will make our Christmas a Merry one.....The biggest event lately in our usually un-varied lives was a party on board the ship. With the help of Special Services, we held a party in our messdeck which turned out a great success. We all had blind dates (14 Wrens were invited) and so altogether we had about 30 people in the messdeck. The cook worked harder than anyone (and I've never seen the crew work as hard before!) and served a buffet supper consisting of cold meat, salad, etc. and besides

that loaded down the tables with pickles, sandwiches, etc. The canteen paid for some of the delicacies and for the ice-cream we served for dessert. The messdeck was all decorated in bright coloured paper and flags and at the entrance we had our multi-coloured signal lights strung up to add to the party effect. About 8:15 the whole gang piled into cars and station-wagons (kindly donated to us by the Navy for the evening) and went to a show at the U.S.O. up in town. Bill and I stayed aboard as duty watch and by "renting" a Quarter master to stand from 8:00 till midnight, we were able to allow the whole crew to go ashore. Everyone seemed to have a good time and the spirit of comradeship between all officers and men has gone up a hundred percent."

It cannot be very long now before many from the Services will be returning to civilian life. We hope you who are with the CWAC, the WRONS, or the RCAF, WD's will not be tempted to go into some entirely new field but will return to this work for which you are trained. There is a great need for trained physical directors and the field of physical education and recreation gives promise of definite expansion.

Note for all physical educationists and others: The Refresher Course, December 27, 28 and 29, promises to be very interesting as usual. Miss Eleanor Struppa is coming from the Randolph Macon College in Virginia to teach Latin American, Mexican and Ballroom Dancing. Then there will be instruction in Archery, Bowling, Curling, Breaks and Patterns in Gymnastics, Recreational Gymnastics, Character Dances, Square Dance Calls and Dancing for Fun. You really should not miss it.

EXCERPTS FROM MISS SOLERS' REPORT OF THE CANADIAN PHYSICAL EDUCATION ASSOCIATION CONVENTION:

The Sixth Convention of the Canadian Physical Education Association was held in Winnipeg on November 2, 3 and 4, 1944. The recently formed National Physical Fitness Council arranged its third meeting to be held concurrently with that of the C.P.E.A. There was a total registration of 160 members, with delegates present from every Province with the exception of Prince Edward Island.

The two main speakers, brought from the United States, were Dr. A.H. Steinhaus, Chief, Division Health Education and Physical Fitness, U.S. Office of Education, Washington, and Miss Dorothy LaSalle, Senior Physical Fitness Representative, Federal Security Agency, Washington.

Dr. Steinhaus spoke three times on the scientific aspects of Physical Fitness. He spoke without notes, talked in language which was most understandable and humorous, and gave many stories and ideas to illustrate his points. He said that Total Fitness was the only appropriate concept for the term Fitness, and it should include survival of body, mind and spirit. He defined Total Fitness as: 1) Freedom from disease and handicapping defects. 2) Sufficient muscle and heart to enable one to do easily a routine task and successfully the maximum task. 3) Ability and willingness to do important work. 4) Freedom from worry and undue tension, and the ability to shift from complete absorption in a task to complete relaxation. 5) A personal philosophy which is satisfying and which includes explaining the world as one finds it. 6) Being engaged in a task that is greater than oneself and to which one feels important. He emphasized the great value of driving oneself to the maximum. Most of our education has been to make us hold back and many never experience second wind. Competition is the drive that makes us forget ourselves, and to be successful one must push the psychological limit nearer to the physiological limit. He said that activity for its own sake is "quackery", but when used as a means for helping the individual it is education. We should use our activities to serve man, not man to serve activities. He spoke of "refreshing" exercises as a very important part of fitness. It takes more

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strength than many have to do the ordinary tasks of life, but there should be more muscle than is needed for each task with some to fall back upon. Modern man is a one-sport man, but his sport is sitting. We must find more and better ways of strengthening muscles. These ways can be carried on all through the day. (Exercises were shown with a towel used for resistance.) The gymnasium is a place to have fun and to get ideas for continuing exercises to keep fit the rest of the day.

The best that can be said about smoking is that it does not harm some people as much as others. Raymond Paul gave us some good figures on smoking. If all 13 year old boys could be persuaded not to smoke until after 30, it would save 8% of their lives. It will cause some people to die at 40 who would otherwise have lived to 60. He laughed at the current advertising to make smoking popular and added that what we must do is to make it unpopular by advertising. Example: "Smoke a cigaret and smell like a camel".....He said each individual must have 1) recreation, 2) a cause greater than himself, and 3) friends.

Miss LaSalle answered the question, "What is woman's need for fitness for tomorrow?" in this way: 1) to bear babies, 2) to rear children wisely and calmly and to transfer their serenity to the children, 3) to manage homes intelligently and to be enthusiastic companions to older children, 4) to take their place in the economic world, 5) to help build a better society and to take greater part in government, community, provincial and dominion....In speaking on health education Miss LaSalle emphasized that the whole community must be concerned with the large number of unfit individuals. No school can succeed without the active support of the community. Health instruction should include 1) individual health guidance, 2) the solution of group health problems in class instruction, and 3) development of health appreciations. She discussed the "problem-solving method" of instruction as the best, and said it was important that the child should realize the problem to be his own. 10% of the education budget should be spent for health education.

FROM THE REPORT BY MISS DOROTHY JACKSON AND MISS ZERADA SLACK OF THE Y. W. C. A. REFRESHER COURSES, 1944:

Beginning in Montreal and proceeding East, registrations which totalled 512 were made up as follows: Montreal 83, Sherbrooke 12, Saint John 75, Fredericton 42, Halifax 50, Moncton 15, Charlottetown 155, Quebec 70. Though these courses were held for the most part in the local YWCA, all elements in the community were drawn in. The activities taught were the result of enquiries made through the YWCA's across the country. In all cases an effort was made to offer those activities which would be most useful to community leaders.....In the Maritime Provinces especially there is a tremendous job to be done in this whole field. In New Brunswick there is no work in the schools and as a result no motor ability has been developed to any extent. There are rumours of the establishment of a School of Physical Education in this province. Nova Scotia is definitely progressing. Under Dr. Ross, Director of Physical Fitness, and Mr. Hugh Noble, Supervisor of Physical Education for the Province, a general policy has been drawn up. This policy will include Health and Physical Education, Nutrition, Mental Health and Community Recreation. All government departments are co-operating in this venture. Prince Edward Island was included in the 1944 tour at the request of the Provincial Government. Some beginnings had been made in Physical Education through the efforts of Miss Leila Worthy, a Margaret Eaton School graduate, formerly a resident of Charlottetown, the Girl Guides and the YWCA. Here as in every other section of the country, the cry is for leaders.....In Montreal we found the most skilful performance. The group here consisted almost wholly of professionally trained people and as a result the work was received with understanding...In Quebec City we met the most representative community group. In language they were divided about equally. When we could not explain in good English - or bad French - we used an interpreter. The members were varied in their Physical Education background, the women, on the whole doing much better work than the men.....In addition to teaching, opportunities were given

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to us to speak to students in High Schools, Normal Schools and Universities. We had sessions with both provincial and municipal educational and health authorities and gave three broadcasts. At every opportunity we emphasized leadership and especially leadership in Physical Education.

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University College won the Mulock Cup in Rugby this year. We are proud to state that 9 of the players were S.P.H.E. men, Ed Matthews and Doug Whittle from the 2nd year and 7 from the first.

ELIZABETH PITT'S ACCOUNT OF HER WORK IN THE OLD COUNTRY:

Working as a V.A.D. with the St. John Ambulance Brigade Overseas, came at an exciting time for Elizabeth Pitt of the Eaton Girls' Club Nursing Division. Travelling over via banana boat, she landed almost with the Buzz Bombs, which curtailed survey work but made it most interesting at that time. First Aid Posts where mobile surgery units and light and heavy rescue parties were continuously on duty with the civil defense, gave an insight to wonderful organization and cooperation of various well run systems. At Medical Aid Posts away down in the tubes, masses of people slept on bunks, mattresses, blankets, coats and newspapers or just on the cement. Crowded nights the people slept in the alleys and on the stairways. Cases treated at the M.A.P. included casualties on the way to the station, bomb shock victims and casualties, pleurisy and only two infectious diseases, one chicken pox and one whooping cough. One exciting moment was when the doctor said a new baby would arrive within the hour, but the mother was taken to a nearby hospital just in time.

Convalescent Military Hospitals, and civilian hospitals were also on the duty list. At the latter, a direct hit curtailed work and all 900 patients were evacuated. Interesting duties on ambulances evacuating patients to safer areas were carried out. Visits to the new modern deep shelters showed a new slant on London life. No matter who they were, cockneys, or ultra smart, all were just ordinary folk doing a marvellous job. Little heat and monotonous but substantial food were taken as a matter of course. Material things were minor details. To be alive was wonderful. To return home and see so much, with so much taken for granted, was at first dazzling. Let us not forget the fine British people who work so splendidly side by side in their joint war organizations.

NEWS NOTES:

Miss Somers, as you will know if you have read the preceding pages of the News Letter, attended the National Convention of the Canadian Physical Education Association in Winnipeg early in November. While she was there the Margaret Eaton School graduates in Winnipeg had a "get-together" at Betty Cranston Robinson's apartment. Among those present were Dorothy Forsyth, Phyllis Harmill Mansley, Norah Bannister Wolter, Gertrude Moore, Jean Mooney, Ursula Forbes and Pauline Seller. The last four were attending the Convention as full-time delegates.

Miss Jackson has also seen a number of M.E.S. graduates lately when she and Miss Slack of the National YWCA went on a tour of Quebec and the Maritimes. She saw Frances McConnell, Nancy McKean and Peggy May Ruddick in Montreal, Kay Reed and Jean King in Fredericton, Mona Harper Charbonnet in Saint John, Gerry Dickson in Moncton, Eva Campbell Munro, Lois Creighton Harnish, Gwyn Schenk, Phyl Dean Knight and June MacIntosh in Halifax and Vera Williams Villar in Charlottetown. By the way Miss Jackson was elected Vice-President of the C.P.E.A. at the recent national convention.

Miss Thrall is living in her old home town of Woodstock at present. Her address is 283 Light Street.

Because of housing difficulties in Ottawa, Marion Hobday Allen and Jennifer are living in Toronto (134 Bloor St. East) while Major Allen is still in Ottawa.

F/Lt. Warren A. Stevens, on leave of absence from the men's department, spoke over the air on Nov. 18th during the intermission of the final game in the Hamilton and Balmy

Beach series. Mr. Stevens spoke on the Convalescent Training Programme of the RCAF.

Born to Mr. & Mrs. M.H. Martin, on November 1st, a daughter, Bonnie Carol.

Mr. Hec Phillips, the Varsity Track Coach, introduced Gil Dodds, the famous American miler in the Hart House Theatre, on Tuesday, Dec. 5th. Gil Dodds represented Boston A.A.A. He holds the world indoor record for a mile-4 min. and 6 seconds. Mr. Phillips feels that if Track and Field were given more recognition, Canada could produce more outstanding performers in Track and Field.

Born on Nov. 22nd to Adrienne (Adams) and Edgar Lee, a son Edgar William (Teddy).

Friends of Dorothy Alger (Mrs. John D. Villette) will be glad to know that her mother has had word that she and her husband and two little girls are well and together in France.

A welcome visitor to the office recently was Lieut. Betty Anderson, who has lately been put in charge of physical education at "2 Women's Service Health Centre", Oakville.

Born on Dec. 14, 1944 to Mr. and Mrs. C. Gray Strang (Peggy Anderson) a daughter.

Born on Nov. 5, 1944 to Mr. and Mrs. J. Burkhart (Elizabeth Black) a son, Stephen Wallace.

Sgt. Dorothy Buck has been posted to the RCAF Station Boundary Bay, B.C. At present she is taking a course in a Convalescent Hospital.

Joan Brown (Mrs. M.L. Hillary) is living at her husband's home, "The Manor", Aurora, Ont., while he is overseas.

Irwin Burns, formerly of P.H.E. is now in Pass Arts, due to the fact we expect, that there are no men in II Year.

F/O Diana Cameron writes from London, Eng: "My work is fascinating and I wouldn't trade it in a million years. In official circles I am termed "RCAF Overseas H.Q. Women's Division Welfare Officer" in charge also of all W.D. Sports and Entertainment. As you can imagine in London one covers a tremendous amount of ground and we revel in it.

We extend our sympathy to Barbara Claxton Fisher in the death of her father, Rev. J.A. Claxton, this fall at Medicine Hat, Alberta.

Margaret Currie is now Mrs. J. McFadden and lives in Edmundston, N.B.

We have heard indirectly that Betty Donovan is in St. John's, Nfld with the RCAF, WD.

Lt. Theo Elmsley is stationed now with "37 Administrative Unit of the CWAC at Camp Ipperwash, Forest, Ont.

Joan Fawcett is acting as head of the College of Physical Education for women in Calcutta, India. This means a great deal of administrative work as well as teaching and inspecting. Miss Somers had an interesting letter from Joan recently.

Born on Nov. 2, 1944, to Rev. Hugh Bedford-Jones and Mrs. Jones (Gretchen Gray) a daughter, Mary Margaret.

Bridget Gregson, a former student at S.P.H.E., is a coder with the Wrens in Halifax.

Joan Haig, Third Year student, was married on Nov. 1, 1944, at her home in Midland, to William Franklin Hartman, of the RCNVR, now stationed in Halifax. They spent their honeymoon at Limberlost and then Jean returned to her work at the University.

Barbara Halliday expects to receive her discharge from the Air Force in the new year.

Gladys Hammer is doing recreation work with the YWCA War Services for the CWAC, Toronto.

Viola Harvey Allen, who with her husband and little son, is living in Ottawa, writes that she has seen Joan List, stationed there with the WRCNS.

Rosemary Heseltine is stationed at the RCAF Station, Pat Bay, Victoria, B.C.

Audrey Jackson is a teller in the Royal Bank of Canada at Vancouver, B.C.

Lieut. Joyce Jarvis of the WRCNS was married on Nov. 10th in Vancouver to Pay-Lt. F.R. Matthews of the RCNVR. It was an all naval wedding. The ceremony was performed by Dean Swanson, chief naval padre for that district, the bridesmaid and groomsman were also in uniform of the navy and they had a naval guard of honor. For their trip the bride and groom spent two or three days in Calgary, the home of Lt. Matthews, then skied at Banff and after returning to Calgary, Joyce went back to her station while "Dick" came east to report at Halifax for sea duty. While none of Joyce's family could get to the wedding, Mr. and Mrs. Jarvis entertained a number of her friends on her wedding day, when Dr. Ernest Henderson proposed a toast to the bride.

Margaret Jess has been transferred to H.M.C.S. St. Hyacinthe, St. Hyacinthe, Que.

Born on Oct. 26, 1944 to Mr. and Mrs. Alfred Levin (Rose Levy) a son, Laurence Martin (Larry)

Jessie MacFarlane Milledge, who has been living in Halifax for the past three years, is now with her mother at 56 Hewitt Ave. while her husband is stationed in Newfoundland

Edith MacKenzie Hay has been staying in Toronto while her husband, Lt. Col. Hay is in Christie St. Hospital. Col. Hay was very seriously wounded.

Peggy May Ruddick wrote very interestingly to Miss Somers lately about her work as director of the Jr. League's Youth Centre in Montreal. She is completely in charge at the Centre under a Committee of Jr. League members, with a group of 25 volunteers helping her. 584 teen-agers are members of the Centre and they have many different kinds of clubs and classes. Each club elects its own leader and has a Jr. League or outside leader also. The teen-age leaders report once a month to the general committee. Peggy's husband is a doctor with #12 Canadian General Hospital in Belgium and Peggy hopes to go overseas with the Red Cross. At present she spends 1/3 of her time with the Red Cross as a member of the Food Administration Corps and 2/3 with the Youth Centre.

Jessie McGibbon Taylor writes from Yorkton, Sask. where her husband has been stationed in the Air Force. She says, "For 2 months I lived the life of ease--not even any meals to prepare as we are boarding here, but I discovered that it isn't such a grand life after all so I got a job at the Blood Clinic for 2 days a week and then one day a week I worked at the Hostess Club and really enjoyed it." Jessie and Earl hope to settle in Prince Edward Island when the war is over. "We both like the west very much but we can hardly wait for the day when we'll head back east and I'm sure we will both be very contented to spend the rest of our lives on "spud island".

The marriage will take place on Dec. 26, 1944 at 10 a.m. in the Holy Rosary Church, of Lt. Carroll J.P. McNulty 4T4 and Miss Helen Kelly.

Congratulations to Lt. Commander H. John Hall, husband of Kathleen Popler Hall, on being awarded a bar to his Distinguished Service Cross.

Win Prondergast is the very efficient secretary of the Western Ontario Association for Health, Physical Education and Recreation which was organized last winter and has already been mentioned in these columns. In October the Association held a week-end series of meetings at which interesting discussions were held on Athletic Injuries: prevention and treatment; Basketball Refereeing for both women and men; Squad Activities for Boys and for Girls; and Volley Ball. There was also a Recreation Party and an address by Major Ian Eisenhardt, Director of National Physical Fitness. "Pren", who teaches the physical education for girls at the London Normal School, was in charge of the meeting on Basketball Refereeing for girls and we heard gave an excellent address. Other C.B.S. graduates who are members of this Association are Major Mary Barker, Lts. Betty Anderson and Phyllis Gale, Mildred McQueen Baldwin and Jess Learing Edmonson. Dorys McLaren of SPHE is also a member.

Grace Richer who is with the Personnel Department of Thompson Products Ltd., St. Catharines, is also teaching the gymnastic classes in the YWCA 2 evenings a week.

Sgt. B.H. Rundle, ex 4T5, graduated from #10 Bombing and Gunnery School at Ft. Pleasant, P.E.I. on Nov. 12 as an air gunner in the RCAF. He visited the men's dept. of the School when he was at home on leave awaiting posting.

Sheila Ryan is teaching in Montreal under the Catholic Board of School Commissioners, Jean Sabiston 4T4 who has been working with the Can. Red Cross Transport Division since her graduation, has received her call for overseas duty.

We had a visit recently from Ruth Scott and were glad to see her looking so well. Ruth was in charge of the St. Catharines YWCA two-week camp last summer and enjoyed the work very much. The camp, called Camp Wa-sa-ah-bun, was situated on Georgian Bay near Port Severn and there were 100 campers present.

Elise Smythe Spratt and her little boy are living with Elise's parents while Lt. Spratt is stationed at Bermuda.

Alice Spicer was married Feb. 10, 1944 in the Holy Trinity Church, Pembroke, Ont. to Lt. C.G. Joedicka of the R.C.A. Alice has returned to her work at Macdonald College while her husband is overseas.

Mary Steedman Armstrong is in charge of a Day Care Nursery the W.H. Ballard School in Hamilton. We believe she is the first full time supervisor of this type of nursery in the province. Her hours are long but she seems to enjoy her work very much.

Cecilie Swanson writes cheerfully from Vancouver of her work at the York House School and of the Margaret Eaton School graduates she has seen. Cecilie hopes to go to Calgary and then to the Sunshine Ski Camp, 15 miles from Banff for part of her Christmas holidays.

Frank Watson 4T4, in a recent letter to Mr. Griffiths, tells of his work with the YMCA Auxiliary Services in Prince Rupert, which, in case you do not know, is 720 miles north of Vancouver and about 50 miles south of Alaska. He is supervisor of all inter-service sports for Prince Rupert. He writes.... "the beauty of the situation as contrasted with a similar one in a large city like Vancouver is that there are fewer distractions to contend with. 48 or 96 hour leaves here are useless because it takes 2 days to go to Vancouver and outside of that there is no other place to go. Next month we will move into Auxiliary Services new 200,000 building, and if anything has been overlooked I do not know what it is! There is a very fine gym and I will be in charge of the physical programme there along with the inter-service sports. Actually I expect the two will dovetail to quite a large extent."

Graham Warren 4T4 has also written to Mr. Griffiths recently of his work in England where he and Ross Sturgess are training for the Fleet Air Arm. He says, "This is an officer's training school I am now in with concentration on field training and very little attention paid to flying. However that will come sooner or later in Canada or U.S.A., sooner I hope because I'd sure like to get cracking in the Japanese war at least. At this station we have a rather good gym and a very nice pool (chlorine gas). The physical training is quite sensible and games for the majority are stressed. As usual the physical instructors are greatly overworked."

Fog Wilkin Armstrong and "Hal" have been living in Pennfield Ridge, B.C. where the latter was stationed. Fog has been visiting her mother recently in Port Hope.

We have been thinking of the prisoners of war in far countries and wondering how they will keep Christmas. It is not likely they will have the Christmas trees, the bells, the turkey with all the trimmings, perhaps not even any parcels and letters. How would we keep Christmas if we had none of the outward symbols of this beautiful season? Henry van Dyke wrote a prose-poem, "Keeping Christmas", from which we quote:

"Are you willing to believe that love is the strongest force in the world - stronger than evil, stronger than death - and that the blessed life that began in Bethlehem 1900 years ago is the image and brightness of the Eternal Love?

Then you can keep Christmas."

Let's all keep Christmas in our hearts, and who knows, perhaps next year will bring peace to all the world.

Charlotte H. Lupton